

JJVIRGIN'S

GUT HEALING

RECIPES!



Gut Health Booster

Apple Pie Shake

- 2 scoops **JJ Virgin's Paleo-Inspired Vanilla All-in-One Shake**
- 1 tablespoon **JJ Virgin's Extra Fiber**
- 2 tablespoons freshly ground flaxseed
- 1/4 cup unsweetened applesauce
- 1 tablespoon **JJ Virgin's Leaky Gut Support**
- 3 tablespoons So Delicious Dairy Free Unsweetened Cultured Coconut Milk
- 1 cup KeVita Coconut Sparkling Probiotic Drink
- 1/2 to 1 cup of ice (your preference)
- Dash or two of ground cinnamon

Blend all ingredients until smooth and enjoy right away.



LEAKY GUT SUPPORT offers therapeutic levels of L-glutamine, N-acetyl-glucosamine, MSM, DGL, slippery elm, marshmallow, chamomile, okra extract, cat's claw, quercetin and mucin for comprehensive support of optimal bowel function.*



VANILLA PALEO-INSPIRED ALL-IN-ONE PROTEIN POWDER gives you 20 grams of protein with less than 1 gram of sugar, a significant amount of collagen-specific amino acids that support skin and connective tissue, plus healthy fats from MCTs (medium chain triglycerides) that provide fast fuel for brain and body.* Of course, this product contains no GMOs, no corn, soy, gluten, dairy, peanuts, eggs, or artificial sugars.



EXTRA FIBER contains 12 different types of fiber. This makes the fiber intake more similar to what your body would experience from well-rounded consumption of high-fiber foods. It contains NONE of the irritants or allergenic proteins common in drug store fiber options.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Happy Gut Shake

1 serving **JJ Virgin's Vanilla Paleo-Inspired All-in-One Shake**

1 serving **JJ Virgin's Extra Fiber**

1 tablespoon coconut butter

1 tablespoon freshly ground flaxseed

1 serving JJ Virgin's Leaky Gut Support

8-10 ounces unsweetened coconut milk

With all ingredients in blender, blend on high until smooth. You can add a few ice cubes if you like your shakes extra thick.



Lemon Cream with Sprinkles

1 serving **JJ Virgin's Vanilla Paleo-Inspired All-in-One Shake**

1 serving **JJ Virgin's Extra Fiber**

1 tablespoon fresh lemon juice

1 teaspoon lemon zest

1 small container So Delicious Greek-style Cultured Coconut Milk "plain"

4-5 ice cubes

Shake of **JJ's Virgin Sprinkles**

In a blender, blend together all the ingredients until smooth. Serve with a shake of Sprinkles on top.





Healing Bone Broth

Chef Joy Houston - www.TheDeliciousRevolution.com

2 large, organic, grass-fed beef bones with marrow approximately 1.5 inches thick
1/2 cup thick-chopped carrots
1/2 cup thick-chopped celery
1/2 sweet onion, cut into 1/4 inch half rings
1/2 teaspoon apple cider vinegar (Bragg's brand)
6-8 cups water

Place all ingredients in a Vita-Clay or slow cooker and stew for 6-8 hours. Allow to cool slightly, strain the broth into a heat safe bowl (not plastic). Tap the marrow from the bones into a blender. Blend with 1 cup of the broth. Add the marrow mixture to the rest of the broth. Transfer to mason jars and seal with lids. Store in fridge and reheat portions as needed.

NOTE: Depending on the state of your gut health, you can also blend in some of the vegetables into the base of your broth. As your gut heals, you can have more fun with this broth as the base of delicious soups.

Salmon in Parchment

The Sugar Impact Diet 2-Week Cookbook

Serves 4

- 4 six-ounce salmon fillets
- Sea salt & black pepper to taste
- 12 lemon slices, about a 1/4"-thick, rind removed
- 4 sprigs fresh dill
- 2 green onions, thinly sliced on the diagonal
- 4 tablespoons capers



Preheat oven to 400°. Season fillets with salt and pepper to taste.

Cut 4 large pieces of parchment paper. Fold in half, then reopen on work surface. Place 2 slices of lemon on half of each parchment sheet and top with salmon. Top each fillet with dill, green onions, and capers. Place 1 lemon slice on top. Fold the other half of parchment over the salmon, crimp the edges to seal tightly.

Bake on a sheet pan for 12-15 minutes until salmon is opaque and flakes easily with fork, being careful when opening packet, as steam will be released.

Lemon and Herb Broiled Sole

The Virgin Diet Cookbook, Grand Central Life & Style 2014

Makes 4 servings

- 2 tablespoons olive oil
- 1 tablespoon grated lemon zest
- 1 tablespoon chopped fresh parsley
- 1 garlic clove, minced
- 2 teaspoons lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon coarse ground black pepper
- 4 (6-ounce) wild caught sole filets



Preheat the broiler. Lightly oil a large baking sheet.

Combine the oil, zest, parsley, garlic, lemon juice, salt and pepper in a small bowl. Place the fish on the prepared baking sheet and spread the lemon-herb mixture over the top of the filets.

Broil until the fish flakes easily with a fork, 3-4 minutes.

Chicken “Noodle” Soup

The Virgin Diet, Harlequin, 2012

Makes 4-6 servings

- 6 cups organic low sodium chicken broth
- 2 (12-ounce) organic-free range-bone-in chicken breast halves
- 1 tablespoon olive oil
- 2 medium onions, chopped
- 3 celery ribs, chopped
- 3 garlic cloves, minced
- 8 parsley sprigs
- 3 dill sprigs
- 1 bay leaf
- 1 (8-ounce) package shirataki noodles, rinsed and drained
- 2 cups baby spinach
- 1 teaspoon sea salt
- 1/4 teaspoon ground black pepper



Combine the broth and chicken breast halves in a Dutch oven over medium-high heat. Bring to a boil, cover, reduce the heat to medium-low, and simmer until chicken is cooked through, 20 minutes. Transfer chicken to a bowl and let cool 10 minutes. When cool enough to handle, discard the skin and bones, then shred the chicken; reserve.

Heat the oil in a large nonstick skillet over medium heat. Add the onion, celery, and garlic; cook, stirring occasionally, until slightly softened, 5-6 minutes. Transfer mixture to the Dutch oven with the broth, then stir in the parsley, dill, and bay leaf. Bring to a boil over medium-high heat, cover, reduce the heat to medium-low, and simmer 10 minutes. Remove the parsley, dill, and bay leaf then stir in the noodles, return to a simmer, and cook 3 minutes. Add the chicken and cook until heated through, about 2 minutes. Stir in the spinach and cook 2 minutes. Remove from the heat, and season with the salt and pepper.

Modified Chicken “Noodle” Soup

I’ve modified it to make it even more veggie dense. Plus the cabbage is a great detoxifying veggie. One pot will make 4 servings – about 3 cups per serving. Serve 1 cup as a snack.

Keep everything the same but add the following:

- 1 head shredded green cabbage (about 1” strips) (feel free to add more if you are a cabbage fan)
- 4 cups chicken broth
- 5 additional celery ribs, chopped (or rest of the celery stalks)

Add the extra chicken broth with the chicken breasts in the Dutch oven.

And add the cabbage and extra celery when you add the onion, celery, and garlic.



Roasted Spiced Chickpeas

Sugar Impact Diet Cookbook, Grand Central Life & Style 2014

Chickpeas have been a dietary staple for thousands of years, and for good reason. These buttery, protein-rich legumes offer digestive support and blood sugar control and are so satisfying they're eaten daily in some parts of the world. To help the spices stick, make sure you toss them with the chickpeas as soon as they come out of the oven. After they have cooled completely, store them in an airtight container for days of enjoyment.

Makes 1 cup (about 1/4 cup per serving)

- 1 (15-ounce) can no-salt-added chickpeas, rinsed and drained
- 1 tablespoon Malaysian palm fruit oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 1/8 teaspoon cayenne pepper

Preheat the oven to 400°F.

Line a rimmed baking sheet with paper towels and spread out the chickpeas. Place more paper towels over chickpeas and gently rub the chickpeas to thoroughly dry them. Discard any loose skins and transfer chickpeas to a bowl. Add the oil and toss gently to coat.

Spicy Ginger and Celery Stir-Fry

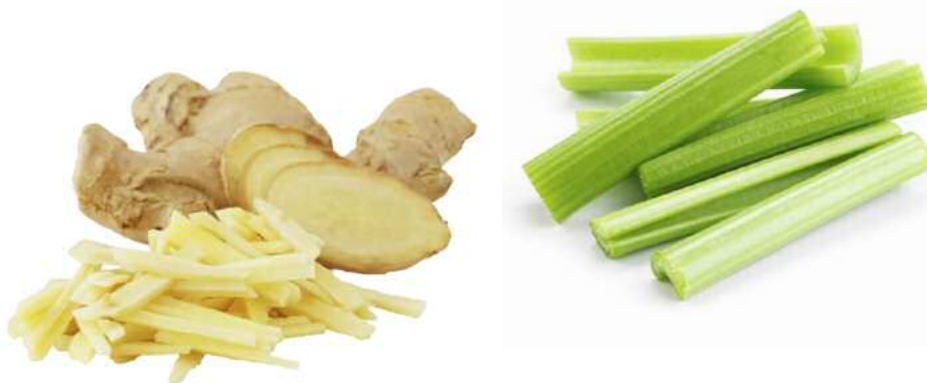
Sugar Impact Diet Cookbook, Grand Central Life & Style 2014

Ginger is aromatic and spicy, and it adds its typical zest to this stir-fry. It also offers medicinal benefits, so you may want to keep extra around – it can calm the tummy and is even effective in alleviating symptoms of gastrointestinal distress. To add some color to this dish, toss in a sliced carrot.

Makes 4 servings

- 1 tablespoon toasted sesame oil
- 1 medium onion, chopped (about 1 cup)
- 1 tablespoon minced ginger
- 2 garlic cloves, minced
- 1/8 teaspoon crushed red pepper flakes
- 6 celery stalks, cut into 1/4 x 2-inch sticks
- 4 teaspoons reduced sodium, wheat-free tamari
- 1/4 cup thinly sliced green onions

Heat the oil in a large nonstick skillet over medium-high. Add the onion, ginger, garlic, and pepper flakes; cook, stirring often, until slightly softened, 3 minutes. Stir in the celery and cook, stirring occasionally, until crisp-tender, 4-5 minutes. Add the tamari and cook, stirring, 10 seconds. Stir in green onions and cook 30 seconds longer.



Over the past 25 years, Donna Gates has become one of the most respected authorities in the field of digestive health, diet, and nutrition. www.bodyecology.com

Donna is my go-to when it comes to Gut Health, and here she shares some of her favorite cultured food recipes with us.

Recipes by Donna Gates, from In the Kitchen With JJ



Two Favorite Beginner Cultured Vegetable Recipes

The key to making a successful batch of beautiful, brightly cultured veggies is to use freshly harvested, organic vegetables. After washing thoroughly, blot off excess water. Clean equipment is essential. Scald everything you use in very hot water.

Version 1

3 heads green cabbage, shredded in a food processor (Be sure to set aside 5-6 large cabbage leaves which you will use when you are packing veggies into glass jars.)
1 bunch kale, chopped by hand
1/2 cup - 1 cup cut wakame (an ocean vegetable)
1 tablespoon dill seed
2 teaspoons Celtic sea salt

Version 2

3 heads green cabbage, shredded in a food processor (Save 5-6 large cabbage leaves)
6 carrots, large, shredded in a food processor
3 inch piece ginger, peeled and chopped
6 cloves garlic, peeled and chopped
2 teaspoons Celtic sea salt

To Make Cultured Vegetables

1. Combine all cut or shredded veggies in a large mixing bowl.
2. Make a microbial-rich "brine". See below. It should be the consistency of a thick juice.
3. Add brine into veggie mixture, mixing well.
4. Pack veggies into 1-quart glass Wide-Mouth Mason jars:
Fill jars almost full, but leave about 2 inches of space at the top of the jar for veggies to expand. Push down on veggies as if you were attempting to push all the air out of the jar.
5. Roll up several cabbage leaves into a tight "log" and fit into the top of each jar filling the remaining 2-inch space. Place lid on each jar.
6. Let veggies sit for 7 days at room temperature (70-72 degrees). Refrigerate to slow down fermentation. Enjoy with each meal!

(Fermented vegetables will be safe to eat for up to one year, but they will continue to become more and more sour. They also won't have as many live beneficial bacteria after about 2 months.)

To Make a Microbial-Rich Brine:

3 red apples
2 tsp. Celtic sea salt
1 tsp Body Ecology's EcoBloom powder
1 packet of Body Ecology Culture Starter
Ancient Earth Minerals (open 6 capsules)
4 cups water (one liter)

Mix all ingredients in blender until you have the consistency of a thick juice.

Broccoli with Fresh Fennel Soup

Donna Gates

Very popular as a breakfast soup. Fennel aids digestion. Be sure to buy a bulb of fennel that has a generous amount of the feathery fennel tops. They look a lot like fresh dill.

- 1 large head broccoli (separate florets and stems)
- 1 large onion, chopped
- 4-6 cloves garlic, chopped
- 1 Tbsp. organic, unrefined coconut oil, ghee, or butter
- Feathery fennel tops from one bulb fresh fennel
- 6 cups water
- 1 tsp. ground fennel seed or more to taste
- Sea salt to taste or Herbamare
- Scallions and parsley, finely chopped, for garnish

Remove tough outside layer of broccoli peel from stems and chop (discard any woody pieces).

Sauté onion, garlic, and ground fennel seed in oil until onion is translucent. Add broccoli stems and most of florets, reserving a handful of the smallest ones to use later. Add fennel and water. Simmer until tender, about 20 minutes.

Puree mixture in blender for several minutes until very smooth.

Return to stockpot, adding sea salt or Herbamare to taste. Simmer 10 more minutes, then adjust seasonings before serving. Garnish with parsley, scallions, or chopped red bell pepper strips.



Coconut Ice Cream

The Virgin Diet Cookbook, Grand Central Life & Style, 2014

You don't need dairy in order to have creamy, rich ice cream! Enjoy this delicious dessert knowing coconut milk's healthy fats are supporting your fast fat loss, and that its lauric acid is good for your immune system health. Be sure to use full-fat, not light coconut milk; I insist!

Makes about 9 servings

- 2 cups unsweetened full-fat canned organic, non-GMO coconut milk
- 1/4 cup coconut butter
- 1-1/2 tablespoons **Virgin Sprinkles**
- 1 tablespoon lime juice
- 1 teaspoon coconut extract.

Combine the coconut milk, coconut butter, Sprinkles, lime juice, and coconut extract in a blender and puree. Transfer to a bowl and refrigerate until cold, about 1 hour.

Pour the coconut mixture into an ice cream maker and freeze according to the manufacturer's directions. Transfer to a covered container and allow to harden in your freezer. Let the ice cream stand at room temperature for 5 to 10 minutes to soften slightly before serving.

